

Pasta and Salmon Bake

Serves 4

Ingredients: -

225g/8oz - wholemeal pasta, any shape

25g/1oz - virgin olive oil

125g/4oz - sliced button mushrooms

198g/1 x 7oz - can of salmon, drained and flaked

125g/4oz - Edam or low fat Cheddar type cheese, grated

75g/3oz - wholemeal breadcrumbs

1 Red - pepper, chopped small

1 x 7oz - can sweet corn, drained - no added salt or sugar

Black pepper

Method: -

Cook pasta in boiling water until tender, about 7 minutes - drain.

Boil the red pepper for 4/5 minutes, then drain and chop into small pieces.

Melt the margarine, cook mushrooms until tender.

In a large pan, mix the red pepper, add the cooked mushrooms, sweet corn, salmon and pasta,

add 75g/3oz of the cheese.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

Toss over a low heat until heated through, add pepper to taste.

Put into ovenproof casserole dish, sprinkle with a mixture of cheese and

breadcrumbs and grill until brown.